

BALANCED CONNECTION CONTINUUM

INTERNALLY FOCUSED

BALANCED CONTINUUM

EXTERNALLY FOCUSED

- Does not believe they are allowed to have human limits
- Doesn't recognize needs or wants
- Doesn't register hunger or exhaustion or need for touch
- Dissociated

- Struggles to trust others
- Focused on being completely self-sufficient
- Knows needs and wants exist, but can't ask for help
- Believes it can only be done right by them

- Healthy boundaries for self and others
- Self-compassion
- Self-acceptance
- Reliable and safe connections with others
- Can ask for help when needed
- Can help others, but recognizes the right to say no to even reasonable requests

- Struggles to have boundaries
- Believes worth is based on opinions of others
- Happiness, success, and safety depends on others
- Insecure
- Enmeshed

- No boundaries
- Believes they are worth less than others
- Believes they are broken beyond repair
- Looks for intensity rather than vulnerability in connection and interactions
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